WINNIPEG E T TO SHANK.

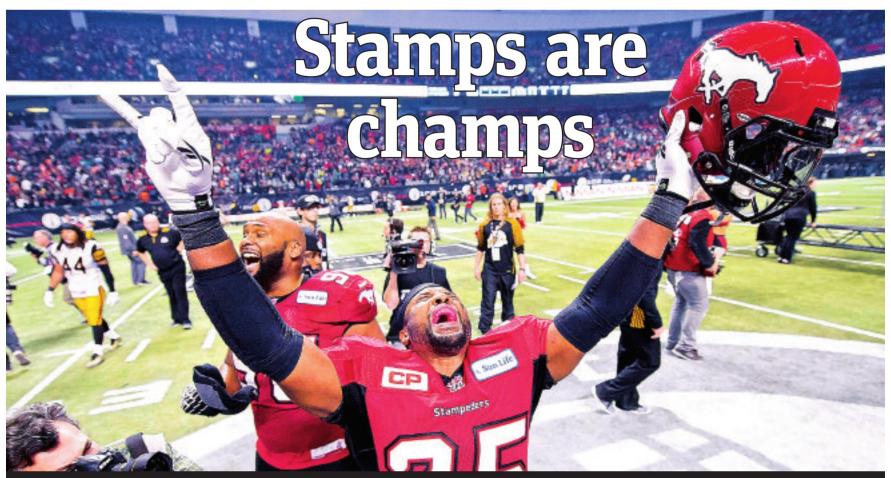


ARCTIC VOYAGE, DIGITAL AGE

DOCUMENTARY FOLLOWING AMATEUR SAILORS CAN BE VIEWED WITH VIRTUAL REALITY DEVICES PAGE 51







Calgary Stampeders defensive back Keon Raymond celebrates his team's win of 20-16 against the Hamilton Tiger-Cats during the 102nd Grey Cup in Vancouver, B.C. Sunday. See story, page 17.

NATHAN DENETTE/THE CANADIAN PRESS



CULINARY ARTS & DESIGN

PREPARATION | BAKING | FOOD SERVICE | HOSPITALITY COOKING | MENU PLANNING | LEVEL 1 APPRENTICESHIP TRAINING

SPACES STILL AVAILABLE FOR FEBRUARY 2015

VISIT_MITT.CA FOR MORE INFORMATION

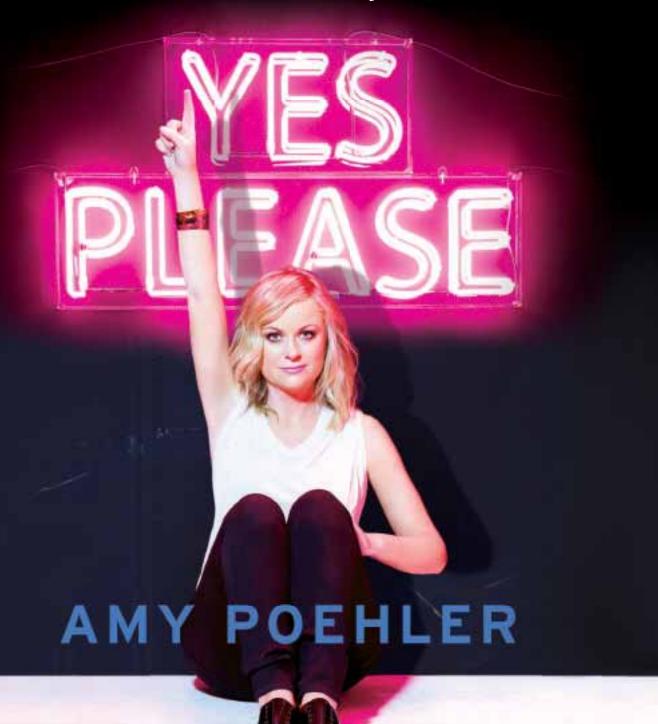


MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY

THE WORK SCHOOL

HEY WINNIPEG!

THIS HOLIDAY, SAY...



THE #1 NEW YORK TIMES BESTSELLER

#AmySaysYesPlease Available Where Books Are Sold

harpercollins.ca

Main Street

Multiple stabbing sends 4 to hospital, teen facing charges

A teenager is in custody and four people are in hospital after an early morning stabbing on Main Street on

Police say around 2:30 a.m., the boy was asked to leave a suite in the 800 block of Main Street.

He became angry, and

stabbed two women and a

He was eventually subdued by a security guard, who also was injured in the

All four victims were taken to hospital and are in stable condition.

A 17-year-old male from Winnipeg faces multiple charges, including attempted murder, aggravated assault and assault with a weapon.

April 1 incident

Men charged with shooting up second home

Two men arrested in April after a West Kildonan home was shot up now face similar charges for targeting a Wolseley house the same night.

Early in the morning of April 1, police were called to a residence in the 100 block of Walnut Street for reports of shots being fired. Once

they arrived, officers found bullet holes in the house.

Later the same morning, a home in 500 block of Seven Oaks Avenue was also shot at, for the second time in two days. An SUV was spotted leaving the scene.

Shortly after, police approached a Ford Explorer in the downtown area when the SUV raced away. Police pursued the SUV to south Winnipeg, when it crashed into a snowbank and the two suspects fled. After

chasing them on foot, police arrested Tamim Ahmadzai and Hamed Shahnawaz, and charged them in connection with the Seven Oaks Avenue shooting.

Ahmadzai, 19, was re-arrested on Oct. 20, and Shahnawaz, 25, was brought back into custody on Nov. 27. The pair now face numerous firearms-related offences in connection to the Walnut Street incident as well.

METRO, WITH FILES FROM BERNICE PONTANILLA

Arrest made in fatal stabbing at St. Boniface house party

Second-degree murder charge.

Killing is city's 22nd homicide of the year



GIBSON ane.gibson@metronews.ca

Police have made an arrest after a man stabbed during a booze-fueled fight a St. Boniface house party early Saturday died of his injuries.

Emergency crews found the 31-year-old victim, identified as Victor Cory Hardisty, with "very severe" stab wounds to his upper body at a home in the 100 block of La Verendrye Street just after 2 a.m. He was rushed to hospital in critical condition where he later died.

"This injury would be considered extreme," said police spokesperson Const. Jason Michalyshen Sunday, noting drunkenness played a role in the fight. "It certainly appears that alcohol is a factor with respect to judgment and some decision making here."

Police said Hardisty and the suspect had been drinking with two women at the home for a few hours when the men got into an argu-

Police allege the suspect produced a weapon and stabbed Hardisty. The suspect ran away and police were

Michalyshen said a child sleeping in the home at the time was not injured.

Michalyshen couldn't say what exactly the two men had been arguing about, but did say the suspect is known to police and had several conditions at the time of the stabbing including an order not to drink and another banning him from possessing weapons.

"He has clearly had fairly substantial police involvement in the past," said Micha-

Police arrested Elvis Marcel McKay, 38, at a home on



Manitoba Avenue Saturday afternoon. He's charged with second-degree murder and several counts of failing to a recognizance.

comply with the condition of





CONTINUING EDUCATION

Available Now! 2015 Winter Course Schedule

Download or pick up your copy today!

ng death of Victor Cory Hardisty early Saturday. SHANE GIBSON/METRO

rrc.ca/coned

Black Friday Seat Sale. Over 30,000 seats on sale.



Five days, great deals. No camping out necessary.

Save on flights and vacation packages to select destinations in Canada, the U.S., Mexico and the Caribbean.*

One-way fare from Winnipeg to Saskatoon:

from

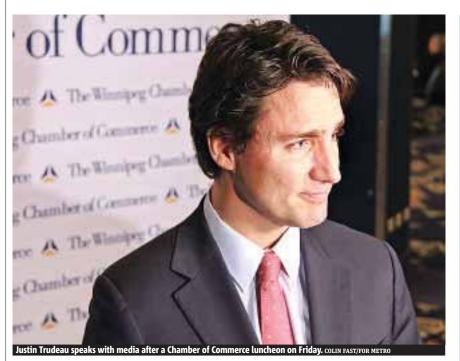
\$114.58[†] Total price

Book by December 1, 2014 (11:59 p.m. MT) for travel on select days from January 5 to February 12, 2015.†

Find more great fares at westjet.com/seat-sale or call your travel agent.



*Black Friday Sale: Seasonal start and end dates apply and are indicated in the booking flow. Book by December 1, 2014 (11:59 p.m. MT) for travel from January 5 to February 12, 2015. For Canadian and U.S. destinations, travel on Tuesdays, Wednesdays and Saturdays. For Mexico and Caribbean destinations, travel on any day of the week where WestJet offers scheduled service. Fares and package prices on other days may be higher. Flights may not operate on certain days. Seat sale fares are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our codeshare, interline or other airline partners. Sale vacation packages are discounted by a reduction in the price of the air component of the package. For flights, fuel surcharge between \$22-\$45 per direction still applies to Air Miles™ redemption bookings. For vacation packages, fuel surcharge between \$44-\$90 round-trip still applies to Air Miles™ redemption bookings. Advance purchase required. Seats at these fares are limited and may not be available on all flights. Offer limited and subject to availability. New bookings only. Non-refundable. **†For** Winnipeg to Saskatoon fare: Book by December 1, 2014 (11:59 p.m. MT) for travel on Tuesdays, Wednesdays and Saturdays from January 5 to February 12, 2015. Advertised price is based on non-stop flights. **Air transportation** charges: Base Fare \$59, Other Air Transportation charges \$18. Taxes, fees and charges: Goods and Services Tax \$5.46, Air Travellers Security Charge \$7.12, Airport Improvement Fee \$25. Other restrictions may apply. See westjet.com/seat-sale for full seat sale details and travel restrictions.



Trudeau woos Winnipeg crowd

Politics. Liberal leader makes pitches to business community during chamber speech

It wasn't "Trudeaumania," but federal Liberal leader Justin Trudeau did seem to win over the crowd with kind words about Winnipeg during a speech to the Chamber of Commerce.

Trudeau said he realized Winnipeg was a "special community" during his visit to Folklorama last summer, but he warned the city, like many others across the country, that it is facing serious infrastructure problems.

frozen-pipes issue as an example of why Canada needs to build "resilient infrastructure" to deal with severe weather events.

"Manitoba will not realize its full potential until the federal government, working hand-in-hand with other orders of government, fashions a truly national approach to transportation and infrastructure," he said.

However, Trudeau did praise local efforts to create Centreport Canada, and said "this province is poised to become a continental hub with the potential to attract investment from around the world."

He also complimented Manitoba's immigration program, and called for a renewal of the temporary foreign workers initiative.

"When the government talks about the temporary foreign workers program, it puts the emphasis on temporary workers," Trudeau said. "As a Liberal, I like to put the emphasis on temporarily foreign."

After the speech, Trudeau told media his party has already recruited about seven or eight candidates in Manitoba, and they're looking to add new foces.

"I can confirm Lloyd Axworthy will not be one of our candidates," he joked.

Trudeau said he'd be meeting with Robert-Falcon Ouellette about running for the Liberals, and called the former mayoral candidate "impressive."

Wait times

More daycare spots added to city school

metronews.ca Monday, December 1, 2014

The Manitoba government says it's trying to speed up the wait time for daycare spots by adding 64 slots at the Harrow School in

Winnipeg.
Mihaela Mujcinovic,
executive director of
Harrow Co-op Children's
Centre, says it's made a
small difference but not a
lot, noting Harrow has a
wait list of more than 230
children.

Provincially, about 12,000 families are on an online daycare wait list.

However, the NDP government says it's made a major improvement by tabling a new law that requires all new schools to have daycares included.

THE CANDIAN PRESS

Labour

Liquor workers vote on possible strike action

Manitoba liquor workers have begun voting on possible strike action, but there's still hope a holiday season shut-down of the province's Liquor Marts can be avoided.

The union representing Manitoba's 868 liquor workers and the Manitoba Liquor and Lotteries Corporation failed to reach a deal in talks Wednesday, but have scheduled another round of negotiations for Dec. 4.

Employees rejected a contract offer from the Crown corporation earlier this month.

The Manitoba Government and General Employees union says the proposed contract offered a modest wage increase but also demanded concessions on benefits. THE CANADIAN PRESS

He pointed to last winter's of the temporary foreign colin FAST/FOR METRO Selinger can stay leader while defending title: NDP

The president of the Manitoba NDP provincial executive says she doesn't think Premier Greg Selinger should have to step aside if he faces a leadership race.

Party president Ellen Olfert says in a news release that the issue was studied and legal experts were consulted.

Olfert says there's nothing in the party's constitution, the Elections Act or the Elections Financing Act that

would require the premier to step down if his leadership is challenged during the party's convention in March.

Olfert says the party executive has approved the recommendations from a special committee that was struck to come up with rules for a leadership contest, and that they will be brought to the NDP provincial council on Dec 6.

"After extensive study and

the retention of legal expertise, there are no provisions in our constitution which would require the leader to recuse himself from his duly elected office during this process," Olfert said in the news release.

"Our recommendations mandate a fair process, emphasizing a clear separation between party activities and resources, and the elected activities and resources of the leader or any candidate."

Olfert further noted that "absolutely no taxpayer dollars will be used for any party or leadership purposes."

No one has said they will challenge Selinger at the convention slated for March 6 to 8, 2015, but former cabinet minister Theresa Oswald said last week she is considering it.

Steve Ashton has also not ruled out entering the leadership contest.

THE CANADIAN PRESS

metronews.ca
Monday, December 1, 2014

WINNIPEG 5

THE KIDS ARE ALL RIGHT AND SO IS EVERYONE ELSE



WHAT'S GOOD Ace Burpee winnipeg@metronews.ca

I feel like a bunch of good things have happened in the past week or so and I have a million things to tell you. So here's as much as I can fit in.

This past Saturday morning, I was out walking my dog and ran into these two dudes, around 14 years old. They knew who I was, so we talked. They were carrying shovels. What were they up to? Just randomly going around shovelling people's walks without asking for anything in return. The kids are all right.

Two weeks ago I wrote about Be A Santa To A Senior. At my office, we have a tree with ornaments on them. On each ornament is the name of a senior in care

Susan Lewis Street

Not that I'm particularly into the practice, but to place Susan Lewis' impact on Winnipeg in the proper context: she is, as much as anybody, street-renaming-worthy.

with no family around to get them something nice for Christmas. You pick an ornament and go get them a gift

ment and go get them a gift.
So how did it go? In two
weeks, we've had to ask for
more ornaments four times,
as we've been cleaned out.
Families are coming in,
young single people, other
seniors who understand
what it would be like to
be in their shoes. Basically
every kind of person. Just
awesome.

Recently I had the pleasure of hosting a retirement party for the now-former president and CEO of the United Way of Winnipeg.

Susan Lewis is one of the greatest leaders in the history of this town, and it's an absolute guarantee she has changed life for the better for either you or somebody you know ... whether you know it or not.

Not that I'm particularly into the practice, but to place Susan Lewis' impact on Winnipeg in the proper context: She is, as much as anybody, street-renaming-worthy.

Have a great week.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD



Riverbank funds not missing, officials say

The funds for riverbank stabilization are still there and awaiting direction, senior city officials told executive policy committee on Friday.

This was in stark contrast to a mere 24 hours earlier, when senior planning-and-property officials told the downtown development committee that a million-dollar fund for riverbank stabilization was reallocated toward the budget deficit.

On Friday, Betty Holsten Boyer, manager of financial planning and review, said their "annual capital closing process" has been in place for a long time and reviews projects older than two years.

"What that means is the (money is) reviewed, and anything that's older than two years is essentially closed and moved into a non-specified category, so the money is sitting there," she said.

Money moved into that non-specified category can be used to balance the budget, she said.

"So right now, the dollars are there" and haven't been spent, she added.

Holsten Boyer said it was

a "misunderstanding" that linked the riverbank money to the 2014 deficit; instead what was meant was that the money could be used elsewhere for the 2015 budget.

Coun. Brian Mayes said it's his firm belief that the money should stay with riverbank stabilization and the planned \$1.6-million project at Guay Park.

"It's good to hear the money isn't gone and the staff are awaiting council direction," he said after the meeting.

BERNICE PONTANILLA/METRO



Motion for CAO reviews survives

'Tail wagging the dog'? Coun. Matt Allard says proposal is about transparency



BERNICE PONTANILLA hernice nontanilla@metronews

A bid to institute performance reviews for the city's chief administrative officer (CAO) was brought back from the brink of municipal limbo on Friday.

Coun. Matt Allard lobbied his fellow councillors on the executive policy committee (EPC) and Mayor Brian Bowman to support his motion, which asks the public service to come up with an annual performance management review of the CAO.

"I believe this is a good motion to evaluate probably our most important hire," Allard said during the meeting, adding there's a perception that at city hall "it's the tail wagging the dog."

"We appear to be one of the last major cities that (doesn't) have a process such as this one."

Allard said he was fulfilling a campaign promise: more transparency at city hall.

Coun. Jeff Browaty proposed to receive Allard's motion as information, which basically means no further action would be taken. However, Couns. Brian Mayes and Janice Lukes felt Allard's motion had merit.

Members of the EPC then compromised, laying over the matter to their January meeting to get more feedback from the public service.

Allard's motion also received the endorsement of former mayoral candidate David Sanders, who was admonished by Bowman for using the "absolute power corrupts absolutely" quotation in his comments about the public service.

"Especially as a lawyer, I trust that you're not implying or in any way, shape or form inferring that any individual is, quote, corrupt," said Bowman.

"I'm sure you're well aware of the laws of defamation and would not be opening up yourself to that sort of legal action."



Renting or borrowing a vehicle? Get the most financial protection at the lowest price.

Ask your Autopac agent about Rental Car Insurance today.



Manitoba Public Insurance



metronews.ca Monday, December 1, 2014 metr⊕ **CANADA**

Jerusalem Post. ISIL has captured Israeli-Canadian woman, news report says

An Israeli newspaper report says Islamist websites are claiming extremists have kidnapped an Israeli-Canadian woman who joined Kurdish fighters overseas.

The Jerusalem Post says reports of Gill Rosenberg's capture surfaced Sunday on websites "known to be close" to extremists from the Islamic State of Iraq and the Levant (ISIL). The newspaper says the websites give few details on the alleged kidnapping, only that it occurred after three suicide attacks on sites where Kurdish fighters were holed up.

A spokesman for Foreign Affairs says the government is aware of reports a Canadian citizen was kidnapped in Syria and is "pursuing all appropriate channels to seek further infor-

Clashes between ISIL and Kurdish troops have largely focused on the Syrian city of Kobani, near the Turkish border. THE CANADIAN PRESS

Unwilling to relocate

Mental health staff for remote posts tough to find: DND documents

National Defence's pool of candidates for vacant mental health positions dried up quickly last spring when civilian recruits were told they would have to relocate to far-flung military outposts.

Critics say that underlines the need to recruit uniformed psychiatrists, psychologists

A series of briefings and documents, obtained by the federal Liberals under access to information, show how officials scrambled to fill 54 vacant staff jobs amid a highprofile crisis where as many as 10 soldiers and veterans took their own lives within a three-month period.

THE CANADIAN PRESS

and counsellors.

Michaëlle Jean named new leader of la Francophonie



new Secretary-General of la Francophonie during the Francophonie Summit n Dakar, Senegal on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

First female leader. Jean will replace Abdou Diouf. who stepped down after 10 years in the position

governor general Michaëlle Jean has been named the first female leader of la Francophonie and says its members must work closely together to ensure prosperity and stability.

While the organization has concentrated largely on cultural issues over the years, Jean signalled on Sunday that more emphasis will be put on economic matters.

"One of the most ambitious and daring objectives that la Francophonie has ever set for itself is the idea of an economic Francophonie," she told a news conference after being named by consensus at a summit of its members in Dakar, Senegal.

"We need to work together, unite our efforts, especially

prosperity and development, knowing for example that a crisis in Mali is not (just) a Malian crisis."

She said a sharply focused economic strategy can provide 'new relevance for la Franco-

Jean, 57, was up against four other candidates at the summit of la Francophonie, whose 57 members include Canada, Quebec and New Brunswick. She will replace Abdou Diouf, who stepped down after more than 10 years in the position.

Prime Minister Stephen Harper, who attended the meeting with Quebec Premier Philippe Couillard and New Brunswick's Brian Gallant, congratulated Jean.

'It's a great reflection on our country, on the role we play in the francophone world, internationally, and the recognition of the importance of the French fact and the French reality in our own country,' Harper said. THE CANADIAN PRESS





Instructor

Heavy Duty Equipment Technician Full-Time. Regular Brandon, Manitoba **Competition # 28-14/15**

Be Passionate. We prepare students to either enter the Heavy Duty Technician profession or to complete their journey to certification as a Red Seal Heavy Duty Equipment Technician. If you are enthusiastic about your trade and feel you are ready to share your knowledge with others, this might be the right fit for you.

Take Initiative. Instructors of Assiniboine Community College provide exceptional learning experiences for students. Our Instructors provide leadership and mentoring to our students and work with them to find their first work placements.

Deliver Results. To deliver the essential program results, you will have a Red Seal Journeyperson Certificate in Heavy Duty Equipment. You will have several years' broad heavy equipment experience including a sound knowledge of engine repair, power trains, electrical systems and general equipment repair.

For more information please visit our website awww.assiniboine.net.

metronews.ca
Monday, December 1, 2014

WORLD

7



Diner stands by Cosby amid sex allegations

Ben's Chili Bowl restaurant is seen in Washington, D.C. on Saturday. It's an old diner in the U.S. capital that's as beloved for its chili dogs as it is for its survival, having withstood devastating riots and economic lean years. Now it's standing by Bill Cosby, its longtime customer whose face is plastered all over the place. Cosby has been eating at Ben's Chili Bowl for over a half-century. In fact, he's part of the decor. A huge mural outside has his face on it; the wall inside has his photos up; and there's a sign behind the cash register that says he eats for free. That won't change with a string of sexual-assault allegations. The owners say they have no plans to scrub Cosby off the walls or the sign behind the cash that says, "People who eat free: Bill Cosby. President Obama/ Family. And no one else." ALEXANDER PANETTA/THE CANADIAN PRESS

Unity. Pope's hopes for meeting to end centuries of division between churches

Francis spoke to reporters Sunday en route home from Turkey, where he made a remarkable gesture of deference to the spiritual leader of the world's Orthodox Christians by bowing down to receive his blessing.

Francis also assured Turkey's Orthodox community that the Catholic Church wouldn't force the Orthodox to give up their patrimony on the path to unity.

Asked about prospects of meeting with Patriarch Kirill, head of the Russian Orthodox Church, Francis said both wanted to meet.

"I said I'll go wherever you want — you call me and I'll go.



Pope Francis filippo monteforte, pool the associated press

And he also has the same desire," Francis said. "But with the problems of the war, the poor guy has so many problems, so a meeting with the pope will have to wait. But we do want to meet. We want to go forward."

eet. We want to go forward." Earlier Sunday in Istanbul, Francis and Ecumenical Patriarch Bartholomew I, in a joint statement, said they were praying for peace in Ukraine.

The Russian Orthodox Church has largely backed Russian President Vladimir Putin's position on Ukraine.

The Catholic and Orthodox churches split in 1054 over differences on the primacy of the papacy. The two churches have grown closer together in recent decades, but long-running tensions in Russia between Orthodox faithful and Catholics in Russia prevented the church's their long-sought dreams of a meeting with the Russian patriarch. THE ASSOCIATED PRESS

Israel. 1948 migration of 800,000 to new nation honoured with celebration

Israel has commemorated the mass migration of Jews from Middle Eastern countries following its creation in 1948

President Reuven Rivlin marked the occasion with a Sunday reception meant to honour the 800,000 people who were expelled, fled, or left their homes willingly from countries ranging from Morocco to Iran.

In a statement, Prime Minister Benjamin Netanyahu linked the occasion to Arab countries' continuing unwillingness to accept Israel's legitimacy. Only two Arab countries — Jordan and Egypt — have diplomatic relations with Israel.

Some Israelis say that just as the international community recognizes the plight of the 750,000 Palestinians who fled or were forced to flee during the war that led to Israel's creation, it should also take note of the exodus of the 800,000 Middle Eastern Jews. THE ASSOCIATED PRESS

Ferguson cop gets no payout

Michael Brown.

Darren Wilson left the city's force after threats against him stirred fears of police, community safety

Ferguson police officer Darren Wilson did not receive a severance package when he resigned over the weekend, the St. Louis suburb's mayor said Sunday.

Wilson, 28, won't receive any further pay or benefits, and he and the city have severed their ties, Mayor James Knowles told reporters a day after Wilson tendered his resignation, which was effective immediately.

Wilson, who is white, had been on administrative leave since he killed Michael

Quoted

"In terms of what it (the resignation) means, it means at this point he doesn't have a paycheque. He has no income so he'll have to make some decisions pretty quickly."

Neil Bruntager, Darren Wilson's lawyer

Brown, an unarmed black 18-year-old, during an Aug. 9 confrontation. A grand jury decided Monday not to indict him, sparking days of sometimes violent protests in Ferguson and other cities.

Wilson wrote in his resignation letter that his "continued employment may put the residents and police officers of the City of Ferguson at risk, which ... I cannot allow"

His lawyer, Neil Bruntrager, told The Associated Press that Wilson decided to step aside after police Chief Tom Jackson told him about the alleged threats on Saturday.

"The information we had was that there would be actions targeting the Ferguson (police) department or buildings in Ferguson related to the police department," Bruntrager said.

He said Wilson, who had worked for the department less than three years, and the city were already discussing an exit strategy.

THE ASSOCIATED PRESS



metronews.ca
Monday, December 1, 2014

'Make or break'. Retailers linking online to traditional holiday ad campaigns

Retailers spend millions over the holiday period to get consumers to open their wallets.

But those advertising campaigns are increasingly allocating more funds to target online shoppers, in addition to traditional newspaper ads, radio and television commercials and glossy catalogues. Retail sales in Canada are expected to hit \$46.8 billion in December, up five per cent from last year, according to a study released by Colliers International. That makes the holiday period "make or break" for retailers. "They want to have their mes-

40 per cent of annual sales

For Indigo Books & Music, holiday sales account for up to 40 per cent of the book and gift seller's annual sales — about the same proportion of its annual marketing budget.

sage available (online), and it's basically fishing where the fish are," David Rosenberg, chief creative officer at advertising and marketing firm Bensimon Bytne. THE CANADIAN PRESS

U.S. survey

Black Friday's mojo threatened

A survey of shoppers released Sunday by the National Retail Federation shows how early discounting, more online shopping and an improving economy have fewer people shopping on the weekend that kicks off holiday shopping.

Overall, 133.7 million people shopped at stores and online over the four-day holiday weekend, down 5.2 percent from last year, according to a survey of 4,631 consumers. Total spending for the weekend is expected to fall 11 per cent to \$50.9 billion from an estimated \$57.4 billion last year. THE ASSOCIATED PRESS

U.S. case to probe limits to free speech on the Internet

Social media.

Pennsylvania man convicted after posting rap lyrics on Facebook about his estranged wife

Anthony Elonis claimed he was just kidding when he posted a series of graphically violent rap lyrics on Facebook about killing his estranged wife, shooting up a kindergarten class and attacking an FBI agent.

But his wife didn't see it that way. Neither did a federal jury.

Elonis, who's from Bethlehem, Pa., was convicted of violating a federal law that makes it a crime to threaten another person.

In a far-reaching case that probes the limits of free speech over the Internet, the Supreme Court on Monday was to consider whether Elonis' Facebook posts, and others like it, deserve protection under the First Amendment.



Pennsylvania man Anthony Elonis was convicted of violating a U.S. federal law that makes it a crime to threaten another person after posting a series of graphically violent rap lyrics on Facebook about killing his estranged wife ADDICTON MACES

Elonis argues that his lyrics were simply a crude and spontaneous form of expression that should not be considered threatening if he did not really mean it. The government says it does not matter what Elonis intended, and that the true test of a threat is whether his words make a reasonable

Rap lyrics

"There's one way to love you but a thousand ways to kill you. I'm not going to rest until your body is a mess ..."

A Facebook post by Anthony Elonis

person feel threatened.

The case has drawn widespread attention from freespeech advocates who say comments on Facebook, Twitter and other social media can be hasty, impulsive and easily misinterpreted. They point out that a message on Facebook intended for a small group could be taken out of context when viewed by a wider audience.

Elonis was convicted of making threats of violence and sentenced to nearly four years in federal prison. A federal appeals court rejected his claim that his comments were protected by the First Amendment. THE ASSOCIATED PRESS





TO A DIVERSE COMMUNITY

Connect with your professors in an engaging environment that lets you be yourself. Smaller classes, student groups, and a diverse urban campus mean no matter what your interests or background—you'll feel at home here.







Earn travel rewards up to 4x faster.

No annual fee for the first year. Plus, get 20,000 bonus points, good for \$200 in travel.

With the Scotiabank Gold American Express Card, you'll enjoy the freedom and flexibility to redeem points before or after your trip with no blackouts, seat restrictions or booking fees.

www.scotiabank.com/4xfaster

You're richer than you think."



*Registered trademarks of The Bank of Nova Scotia. American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express. You will earn 4 points per \$1 on the first \$50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations (with or without Ancillary Services and with Merchant Code: 5541), and Automated Fuel Dispensers (Merchant Code: 5542), Grocery Stores and Supermarkets (Merchant Code: 5411); Eating Places and Restaurants (Merchant Code: 5813), Fast Food Restaurants (Merchant Code: 5814). Entertainment including Motion Pictures (Merchant Code: 7922), Theatrical Producers (except Motion Pictures) and Ticket Agencies (Merchant Code: 7922), Bands, Orchestras and Miscellaneous Entertainers – Not Elsewhere Classified (Merchant Code: 7929). Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per \$1 on purchases made after you have reached the 4 points per \$1 \$50,000 annual spend maximum and on all other purchases made with the card. Points are not awarded for cash advances, Scotia Credit Card Cheques, Scotia Rewards Dollars, returns, payments, casinos and gambling, annual membership or card fees, interest charges or service transaction charges. The introductory annual fee waiver only applies to the initial annual fee for the primary and additional cards. The Scotiabank Gold American Express Card regular interest rate is 21999% for purchases. For cash advances, balance transfers and Scotia Credit Card Cheques the interest rate is 21999% for per year per card when issued regardless of card activation and will be billed to your first statement and once a year thereafter. Any additional cards must be issued by February 28, 2015, to qualif

metr⊕

0 metronews.ca Monday, December 1, 2014

VOICES

THE FORCE IS WITH DOER

The former premier who rebuilt the party and set it on the path to 15 years in power can help the government strike back at a surging opposition — and may be the only voice that can bring fairness to the provincial NDP leadership race



Help us, Doer-Wan Kenobi: You're our only hope. It's a classic saga of ambition, good versus evil, using force to control the universe.

Star Wars Episode Seven? No, I'm referring to the ongoing sci-fi drama that is the Manitoba NDP leadership.

Emperor Greg Selinger scored a victory, of sorts, over the weekend as the NDP's imperial council ... er, provincial executive announced he could remain as premier while contending for the job of premier.

To paraphrase a noted diplomat from the planet Naboo: "Meesa thinks thats'a crazy!"

The party also said no public money will be spent on leadership campaigns. That claim seems absurd, since everything Selinger does over the next three months will be part of his leadership campaign, and plenty of public dollars—on staff, events and new government initiatives—will be spent as part of the process.

Jabba the Hut ran a cleaner business than

Given how the deck is stacked against Selinger's rivals, where's the motivation for someone like Theresa Oswald — the perceived leader



of the rebel alliance of cabinet ministers who resigned last month—to run for the job? Alderaan had better odds against the Death Star.

Beyond Oswald and the rebels, Selinger's choice to stay in office is hurting other potential

leadership contenders who are still in cabinet, such as Kevin Chief.

Chief, the young aboriginal Minister of Jobs and the Economy, is energetic and inspiring. He's as comfortable wearing a suit to a cabinet

meeting as he is throwing on a jersey for a Jets game or a costume for a jig with the Norman Chief Memorial Dancers.

As leadership contenders go, he's a star, a "new hope," if you will. But what is Chief supposed to do if Darth Selinger refuses to leave office? You can't remain a loyal cabinet stormtrooper while attempting to replace the leader.

As the crisis drags on, the NDP might have to turn to an experienced party elder to help them avoid getting blasted off the electoral map. So who is the party's Yoda or Obi-Wan?

Gary Doer has remained notably silent during this entire debacle, but he might just be the party's only hope to save itself.

Idon't expect the former premier, whose term as Canadian Ambassador to the United States is ending soon, would come back and fight for his old post, though I'm sure that would make the NDP faithful as happy as Ewoks.

But getting some guidance from the man who led them to repeated political success might help the government strike back against a surging PC opposition.

Doer has been widely praised by political observers for knowing exactly the right time to walk away from the job. By teaching that critical lesson of the political force to his successor, he could help the NDP awaken.

World AIDS Day



In the span of a generation, AIDS has gone from being a death sentence to a treatable disease in Canada. With World AIDS Day taking place this Monday, Metro's Matt Kieltyka talks to experts about how far we've come and what still needs to be done.

DEVASTATION SPURRED US INTO ACTION



Dr. Julio Montaner

Dr. Julio Montaner, the world-renowned AIDS researcher and director of the British Columbia Centre for Excellence in HIV/AIDS, remembers what it was like to walk the streets of Vancouver at the height of the outbreak in the 1980s and '90s.

"The first decade or two was really devastating. It was a bit scary to walk down Davie Street," said Montaner, referring to the city's gay district. "There was a lot of AIDS walking around, a lot of sick people."

At that time, patients — mostly gay men, then — were being ostracized, discriminated against and stigmatized. For Montaner, it was the sight of real human suffering on the streets and the chance to learn from advocates that helped turn the tables and change the culture surrounding the disease.

"It had an effect on you," said Montaner, chief architect of the UN's new 90-90-90

strategy to end the AIDS epidemic by 2030.

Much of the fear and paranoia in the gay community gave way to tolerance and education, allowing researchers and health-care workers to attack the virus. Patients are living longer lives thanks to Montaner and his team, who championed advances in the form of highly active antiretroviral therapy (to reduce viral loads) and the Treatment as Prevention model (to cut the spread of the disease). The latest advancement is a regimen of drugs that can be taken proactively, preventing patients (those that can afford it) from contracting the virus. As a result, new AIDS cases in Canada have dropped 90.6 per cent since 1993, when the country reported a record 1,833 cases.

Montaner has been calling for the federal government to adopt his strategies on a national level to reach affected and often marginalized groups.



SHIFT DOESN'T EXTEND TO THOSE HIT HARDEST

Jessica St. Jean

Despite the medical progress being made treating patients and reducing the spread of HIV/AIDS, cultural stigmas still prevent many populations from accessing proper education, testing and medical services.

"HIV, in the minds of people, is as serious as it has ever been," said Jessica St. Jean, manager of the indigenous education program at YouthCo, a Vancouver organization that strives to reduce the impact of HIV among youth.

"There is still so much stigma and fear around sex and sexuality and HIV."

While gay communities in urban centres have plenty of education and medical resources available to them, other demographics aren't so lucky.

First Nations, gay people in rural communities, drug addicts and sex-trade

workers are underserved and even criminalized in many cases.

"(Yet) marginalized populations are the ones most affected by HIV," said St.

For example, the rate of positive HIV test reports in Saskatchewan has suddenly skyrocketed to 17 per 100,000 people as of 2012, three times the national average.

That spike is largely attributed to drug use within aboriginal communities.

"Just getting tested is a barrier outside the cities," said St. Jean, adding education is woefully lacking, along with resources.

"I'm indigenous and come from a small town; it's well known if you go to a hospital you won't be treated as well because of the colour of your skin."



metronews.ca Monday, December 1, 2014

DVD review



Dawn of the Planet of the Apes

Director. Matt Reeves

Stars. Andy Serkis, Jason Clarke, Gary Oldman

• • • •

In title and spirit, it evokes the Dawn of Man opening sequence of Stanley Kubrick's 2001: A Space Odyssey, an obvious influence on director Matt Reeves. In the Kubrick movie, as in this one, the introduction of calculating thought and destructive weaponry bring drastic change to peaceful simian lives — and human ones, too.

Dawn builds on Rise of the Planet of the Apes (2011), picking up the prequel story about a decade after mankind has been devastated by a simian flu unleashed just as smart apes have revolted against human oppressors.

Andy Serkis again stars as lead ape Caesar, the most intellectually and emotionally evolved of the apes, having grown not just as a rebel and leader but now also as a father and family figure.

Caesar can understand the need of the surviving band of humans — led by Jason Clarke and Gary Oldman — to restore order by reactivating a hydro power plant in ape territory outside a ruined San Francisco. But rivals amongst both apes and humans conspire against him.

The thoughtfulness isn't at the expense of action, which the movie delivers with impressive 3D and motion-capture power. Peter HOWELL



See Arctic voyage on TV, online or in virtual reality

Multimedia. The Polar Sea borrows Netflix strategies as it tracks amateur sailors on journey through the Northwest Passage

It's a 10-part TV documentary series, an interactive web doc, an online magazine and an experiment in the emerging field of virtual reality.

The producers behind The Polar Sea, which follows a trio of middle-aged amateur sailors on an ambitious and arduous voyage through the Northwest Passage, don't really care how you experience their investigation into climate change.

But they are proud that

the documentary, is getting so much airtime — on TVO in Ontario starting on Monday. New episodes air every weeknight for two weeks. The series will also be available for all Canadians to stream at tvo.org/polarsea. Borrowing a strategy from Netflix, all 10 episodes will go online on Monday for binge watchers.

It was decided early on that the TV doc would be just one part of the story, says producer Kevin McMahon of Toronto-based Primitive Entertainment, who notes that the Canada-German co-production involved five film crews shooting over the course of four months.

"I think everybody in this business is now looking at finding a way to speak to as broad an audience as possible

Climate change

Producer Kevin McMahon says the doc looks at climate change through the Arctic because it's changing faster than anywhere else in the world. "Ten or 15 years ago, it would've been impossible for me or you to sail through the Northwest Passage."

and, increasingly, that means speaking through different platforms. We're trying to offer as many doors into the story as we possibly can."

Production company Deep 360 created an interactive 30-minute online companion documentary with 360-degree video. In a web browser, users can zoom, pan up or down, or spin the camera angle around as the documentary plays. In one incredible scene, viewers are on a beach as the Northern Lights glow overheard.

"Everyone had this wish to create something on the interactive side in tandem with the series that would allow people to actually experience the Arctic," says Deep 360 founder Thomas Wallner.

The interactive documentary is also compatible with soon-to-be-released virtual reality devices, including the Facebook-owned Oculus Rift and Samsung's Gear VR.

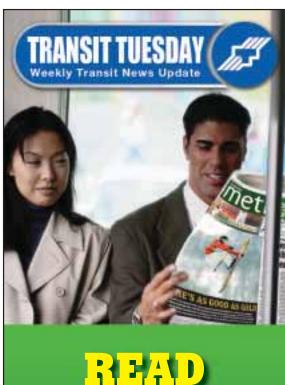
For those who want to go really deep into the subject, there's also an interactive online magazine — available in English, French or German.

THE CANADIAN PRESS









READ TRANSIT TUESDAY IN METRO.

Featuring the latest from Winnipeg transit

– including transit news, commuter tips and cool promotions - and much more!



Shake It Off, Matt: Taylor might still want you

Maybe you've never heard of British band The 1975, but apparently it's a thing and it has a lead singer named Matt Healy, who recently met Taylor Swift. And things apparently went really well—though Healy might have just ruined the whole thing with a single radio interview. "I met Taylor Swift—that was really nice," Healy said during a recent interview

with Shazam Top 20 radio. "We exchanged numbers. Let's see what happens."

I could tell you what's going to happen, Matt, but I don't want to spoil it. "I mean bloody hell, what am I going to do? Go out with Taylor Swift? She's a sensation, I wouldn't say no," Healy added. Oh Matt, buddy, I don't think that's up to you anymore.

Post-surgery Freddie Prinze Jr. clarifies that 'learnin to walk' thing

Outspoken She's All That and Star Wars Rebels star Freddie Prinze Jr. revealed on Twitter that he underwent spinal surgery recently, though he could have phrased the initial announcement better. On Wednesday he tweeted, "Learnin to walk again is like learning jiu-jitsu — one technique at a time" along with a photo of himself in a neck brace. The "learnin to walk" bit caused a bit of a stir, so Prinze had to clarify that he's just fine,



tweeting, "I can walk fine. Just putting back together one step at a time."

Mickey Rourke's dubious boxing victory

A nearly unrecognizable Mickey Rourke took to the ring at age 62 to defeat a 29-yearold opponent during a boxing match in Russia over the weekend, and if it all sounds too good to be true, that's because it probably is. Footage from the bout shows Rourke levelling former California Golden Gloves champ Elliot Seymour with a couple of suspiciously weak-looking blows. Rourke had a three-year boxing career that ended more than 20 years ago, and he says this victory is just the beginning, as he has another four fights planned.



"I've got some things going on in my life so (boxing has) sort of saved me from myself," Rourke recently told Russian television. "And for a man like me, it's better to live in fear than go on in shame." Whatever works for you, buddy.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Shia LaBeouf says he was raped at art gallery



NED EHRBAR Metro in Hollywoo

Hey, remember earlier this year when Shia LaBeouf set himself up in a Los Angeles art gallery with a bag over his head to have staring contests with strangers for five days? Well, the actor says he was raped during the show. "One woman who came with her boyfriend - who was outside the door when this happened — whipped my legs for 10 minutes and then stripped my clothing and proceeded to rape me,' LaBeouf says in an email

interview with Dazed and Confused magazine. "Then (she) walked out with her lipstick smudged to her awaiting boyfriend who I imagine was quite hurt by it." To make things even more absurd, this happened when his girlfriend, Mia Goth, was coming to visit the show and he couldn't talk to her about it. "It was Valentine's Day and I was living in the gallery sleeping in a sleeping bag for the duration of the event," he explains. "We were separated for five days. No communication. So it really hurt her as well as I guess the news of it travelled through the line. She was only about 25 people back. When she came in she asked for an explanation and I couldn't speak so we both sat with this unexplained trauma silently. It was pain-

Twitter



SarahKSilverman

I have 3 spoons. I am a full grown woman & I own 3 spoons. Shouldn't I have like 10-12 spoons?



@ChloeGMoretz

Stealing pics from people's private accounts is rude and invasive. Just don't do it



@IGGYAZALEA

Santa snow spray is addictive. I'm spraying my entire house. F--- it.

Frugality isn't the other F-word

Money management.

Hang-ups about conscious budgeting can get in the way of good financial plans



VAZ-OXLADE

Do you think people who are more frugal are so because of necessity? Do they think frugality leads to wealth? Or are they just uptight weirdos who will do anything to save a buck?

Stories abound about the "millionaire next door" who drives the 20-year-old rust bucket and wears the same pants he bought in 1942.

And there are a wealth of anecdotes about people who clip coupons, hunt the deals, shop very carefully to save cents because that's the only way they can make ends meet.

But what about the people in the middle; the folks who have enough to make do and then some. How careful are they about how they spend their money? And what drives them to be frugal if they are?

I was sharing some apps I'd recently been talking about on TV with a bunch of women when one woman said with a great deal of disdain, "We don't need to be careful. We make more than enough money and I like not having to think about

Another in the group responded, "Hey, I like the game. I love seeing how much I can save each month. It feels like a

So which camp do you fall

a) I don't even want to think



b) I love the game

c) I have no choice

I have some good news: Technology has made it easier than ever to save money while shopping, so you have the money you need to meet goals like debt repayment, retirement savings, and saving for your kids' future education. Here are five of my faves:

1Flipp: Find what's on sale and clip it straight to your shopping list. You know how I feel about shopping lists. Never leave home without one! No more toting around flyers so you can price match. And if you're looking for something in particular, just type it into the

2Checkout 51: A Canadian app, you take a picture of your receipt and submit it and the products featured give you cash back without

your having to clip a coupon. When your account hits 20 bucks, you ask for a cheque. Download CartSmart and SnapSaves and make your receipts do triple-duty!

3 Gasbuddy: Find the cheapest gas wherever you are and earn points for gas prices you report to the site. This is community shopping

Redlaser: Tired of hauling around all those loyalty cards? Download Redlaser and you won't have to. Need I say more?

5 BillMinder: Have trouble keeping track of when bills are due? This app is for you. See all your bills, record the date paid and even export to Excel. Nifty.

me spend money for something I don't actually need or really, really want.

I'm not a rabid bargain shop-So hearing there's a sale on at the TV store isn't going to make me go looking at TVs.

In fact, if I'm not looking for something in particular, no flyer is going to make me head to the store for new shoes, garden supplies or patio furniture.

In my book, sensible spend-

ing and solid money management are as important as how much moolah you're bringing

After all, if you spend every cent of your salary, no matter how enormous it may be, you will still wind up in

Witness what happened in Alberta in the last couple of years as people's incomes skyrocketed and their ability to borrow went right on up, too.

Albertans have the highest level of debt in the country - so much for those great incomes — and their net worths are falling like a rock.

If you make the effort and take the time to watch your money, you can grow a pretty satisfying nest egg on a relatively small income.

That's where the "blue-collar millionaire" phenomenon was born. Once upon a time, blue-collar workers were seen as just making ends meet.

Then financial institutions woke up to the reality that lots of people with average-Joe salaries had stockpiled quite the basketful of money simply by making saving a priority. There are all kinds of reasons why people eschew frugality. Some folks hate the idea of holding up the checkout line with their myriad coupons.

Others don't want people to think them "cheap." Still others just can't be bothered with hauling around flyers for price matching or pulling out the right loyalty card to earn points. Saving money should simply be a habit.

And when you find yourself becoming complacent — when you think you have so much money that you don't consider cost a factor in your purchase decision — it's time to pinch

You've wandered into dangerous territory.





metronews.ca
Monday, December 1, 2014

Finding success in art by thinking like a CEO

Career. One non-profit wants to help artists and performers navigate the world of business

LAKSHMI GANDHI

Metro in New York City

If there's one thing that Adam Huttler wants the world to know, it's this: There's no reason to glamorize the concept of a starving artist.

"There's sort of this romantic halo to this self-marketed artist who only knows art, but it's not doing them any good and it's not doing anybody any good," says Huttler, founder and executive director of Fractured Atlas, a tech company that provides support to working artists.

Micheline Heal, a dancer and choreographer living in New York, agrees. Heal says that when she started performing professionally she knew little about the business aspects of the dance world.

"When I first started I was advised by an accountant, 'You really need to start separating personal finance from your company financing and oh, by the way, you can accept non-profit donations,'" and I was like, 'What?'" Heal recalls.

While doing research, she discovered Fractured Atlas' online resources and says they have helped her get her career off of the ground.

"I think what's really worked for me is asking a

Let's get real

"There's sort of this romantic halo to this self-marketed artist who only knows art, but it's not doing them any good and it's not doing anybody any good."

Adam Huttler, founder and executive director of Fractured Atlas



lot of 'dumb' questions and try and try to get as much advice as you can on every single business aspect, because unless you have a business background, you really aren't going to know," Heal continues.

We sat down with Huttler to talk about Fractured Atlas and the things that every working artist should keep in mind as they build their careers

How important is it for an artist to think like an entrepreneur?

It's hugely important. Artists — whether they like it or not — are small businesses. Usually, they go to school where they focus on craft, more or less exclusively — and obviously you've got to have the talent. But then they find themselves out in the world and realize "Wow, I need to know about fundraising, I need to know about marketing, I need to know how to make a budget."

What are some of the more

common questions that younger artists have when they come to you?

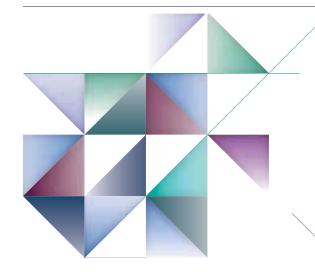
It's all over the map. I think that a lot of people just don't know where to get started and they might have some vague sense of what they need. They'll come to us wanting help with a grant proposal and in the process of helping with that grant proposal there's a lot of technical assistance and coaching that happens along the way.

And can you tell us about the Arts Entrepreneurship Awards that you are currently collecting nominations for?

It's our second year doing the awards. We've always been an entrepreneurial organization ourselves, we've always been launching new initiatives.

So we've been championing this, but this is the first time we've been able to plant a flag and say, 'This is entrepreneurship and this is what we want to see more of in the field.'





Helping you help others.

Inquire about our Health Care Aide, Medical Office Assistant, and Community Support Worker programs.



metronews.ca Monday, December 1, 2014 **WORK & EDUCATION**

Future boss, welcome to my bachelor pad



Dear Metro,

I have a Skype interview this week for a new job. It's a big position, and I want to look professional. Prob-

lem is, I live in a crummy apartment with loud, nosy roommates. I'm afraid I'll be interrupted or come off like an unprepared kid. How can I make myself seem more polished?

— Incoming Call

Dear IC,

Skype interviews aren't an invitation to talk shop in your undershirt while eating Spaghettios. Treat it like an IRL assessment: Comb your hair, and be prepared.

Your home may not be the 11th-floor boardroom, but you can stage a neutral setup. Keep your background simple: Blank walls are best.

If your roommates are so reckless they can't respect "PLEASE DO NOT DIS-TURB" text, consider renting a sealed meeting room at a shared workspace or library. Just make sure they have a solid Wi-Fi connection.

And on that note, remember that it's more about you than your surroundings. If you do lose your Wi-Fi, keep cool; your prospective employers will be judging your reaction to stress more than your Internet connection.

Same goes for your roomies: If they bust onscreen wearing body paint and swinging a bottle of Jack Daniels, ask them to leave in a professional manner. Then eat their cookies later.

Dear Metro,

I share a small office with a really nice guy — who is also anal-retentively clean. He won't let me touch anything. He even gets finicky when my own desk gets cluttered! I'm the type of person who likes a little lived-in mess, and I'm find-

If you do lose your Wi-Fi, keep cool; your prospective employers will be judging your reaction to stress more than your flaky Internet connection.

> ing his rules really aggravating. How can we find a middle ground?

Must Maintain Some

Dear MMSM,

He: likes Lysol wipes. You: want to work among knickknacks and paper stacks. The match is not ideal but there are techniques to Swiffer your tensions away.

How "alive" is your "livedin" disorder? If your corner is a dumping ground for empty Tim Hortons cups and, say, old copies of Metro circa 2012, the problem isn't him it's you.

A certain level of professional cleanliness is expected at any office, and you first need to check your own mess.

If he's overly must-dust clean, set some boundaries. Your desk is your own office real estate, and he shouldn't get all twitchy if you leave some mail next to your phone. Respect the common areas, but explain, politely, that your brain functions better in clutter.

You could also make a schedule: Say you'll tidy once a week and stick to it. He can't fret on Monday when housekeeping day is Thursday. Or just let the guy clean. Saves you from doing it your-

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.







metronews.ca Monday, December 1, 2014 metr⊕

When Pizza met Mac 'n' Cheese



Pizza Mac 'n' Cheese Pie. Two fast food classics team up in one cheesy dish



ROSE REISMAN or more, visit osereisman.com or

Two of our favourite fast foods are pizza and mac 'n' cheese.

A little kitchen experimentation led to combining these two ideas into a healthier version, and my Pizza Mac 'n' Cheese Pie was born!

Instead of a doughy pizza crust, I use whole wheat penne pasta as the base and pour a lighter cheese sauce over top.

The cheese sauce combines evaporated milk and chicken stock thickened with flour. This eliminates the use of excess butter and higher fat milk.

Using an older, sharper cheese allows you to use less, which also reduces the calories

This dish is easy to make



From your fridge to your table in 30 minutes or less

and a great way to put a spin on meals already in heavy rotation at your household. Pizza Mac 'n' Cheese Pie is sure to be a new family staple!

Directions

- 1. Preheat the oven to 375 F. Spray a 10 – 12-inch pie pan or skillet with vegetable oil.
- 2. Bring pot of water to a boil. Add penne and bring back to a boil, cooking for 8 minutes or just until tender. Drain pasta well and place in pie dish.
- 3. While pasta is cooking, make sauce. Whisk the flour, stock and milk in a saucepan until smooth. Place the mixture over medium heat and cook, whisking constantly, for about 3 minutes or until the mixture is hot and slightly thickened.
- 4. Stir in the cheddar and Par-

 375 g penne pasta (preferably whole wheat)

Cheese Sauce

- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable)
- 3/4 cup canned evaporated milk (2%)
- 1 cup shredded aged light cheddar cheese
- 1/4 cup grated Parmesan
- 1/2 tsp Dijon mustard

Topping

- 1/3 cup tomato sauce
- 1/2 cup sliced green peppers
- Handful of cherry tomatoes
- 1/3 cup grated mozzarella

mesan cheese and the mustard. Cook until the cheese melts, about 1 minute. Remove from the heat. Add the cheese sauce to pasta and toss to combine.

5. Flatten pasta in pie pan, top with tomato sauce, green peppers, tomatoes and grated mozzarella cheese. Bake for 25 minutes. Let rest for at least 5 minutes to make cutting easier.



Caprese with eggplant twist



This recipe makes eight slices. ROSE REISMAI

This Eggplant Caprese with Cherry Tomatoes and Feta Cheese dish is perfect as an appetizer, side vegetable dish or main course for a vegetar-

Eggplant is an excellent source of fibre, vitamins A, B and C, as well as folate.

Baking the eggplant keeps the calories and fat low compared to the deep-fried ver-

1. Preheat oven to 425 F. Line a baking sheet with foil and spray with vegetable oil.

- 2. Slice the eggplant lengthwise into 8 thin slices. You can use the ends of eggplant.
- **3.** Mix egg and milk on a plate. On another plate, mix bread crumbs and Parmesan cheese. Dip eggplant first in egg wash, then in crumbs mixture and place on baking sheet. Bake for 20 minutes, turning halfway.
- **4.** Combine cherry tomatoes, toasted pine nuts, feta, olive oil and salt and pepper. Spread on top of eggplant slices and garnish with basil. Rose REISMAN

- 1 large eggplant
- 1 egg
- 1/4 cup milk
- 1 cup seasoned bread crumbs
- 2 tbsp grated Parmesan cheese • 1 1/2 cup cherry tomatoes,
- sliced lengthwise in half
- 1/4 cup toasted pine nuts
- 1 oz crumbled feta cheese
- 2 tsp olive oil
- Salt and pepper
- Fresh basil as garnish









Stamps overturn Ticats' title hopes

CFL. Hamilton fans leave Vancouver with heavy hearts after late penalty on Banks' TD



CAM TUCKER

No lead is safe in the CFL. It's a slogan the nine-team league prides itself on.

In a year when the quality of the product on the field

was questioned and criticized, the 102nd Grey Cup had the makings of a blowout in the first half but produced another thrilling finish. At first, the underdog Hamilton Tiger-Cats looked like they were in for another embarrassing loss in the title game.

Their comeback attempt fell short. Brandon Banks, the speedy and small kick returner, appeared to score the go-ahead touchdown late in the fourth quarter on a punt return.

A penalty for illegal block on the return nullified the



score. No touchdown. Banks, who got room to the outside and outran everyone to the end zone, was crushed. He put his hands to his face and fell to

NBA

Groin injury puts DeRozan on sideline

The Toronto Raptors could be without DeMar DeRozan for quite some time.

The Raptors all-star was diagnosed with a torn tendon in his groin Saturday.

DeRozan injured his groin at the 8:23 mark of the third quarter of Friday's 106-102 loss to the Dallas Mavericks. The Raptors say there is no timetable for his return to basketball activity. THE CANADIAN PRESS

Grey Cup turning points

First. Stamps strike early

Backup QB Drew Tate scored on a one-yard run as the Calgary Stampeders grabbed a 7-0 lead over the Hamilton Tiger-Cats after the first quarter.

Banks opens Grey Cup account

Tiger-Cats speedster Brandon Banks got behind the Calgary defence for a 45-yard TD on a pass from Zach Collaros that cut the deficit to 17-7 at halftime.

Third. Parades pushes lead to 13

Rene Parades kicked a 20yard field goal with 4:20 left in the third quarter as Calgary took at 20-7 lead into the fourth.

Fourth. Cup goes to Calgary

Banks brought Ticats fans to their feet with 35 seconds left when he returned a punt 90 yards for a TD, but it was nullified by an illegal block penalty. THE CANADIAN PRESS

for a loss of 29 yards, the Stampeders opened the scoring in the first quarter on a Drew Tate rushing touchdown.

Tate scored a pair of rushing touchdowns for Calgary, which led by 17-7 at halftime.

This game hinged on few big plays, the penalty on the punt return being the biggest. The Grigsby fumble was another, as was a Justin Medlock blocked field goal attempt in the opening half.

The Stampeders' victory gives them their first Grey Cup

Gordie Howe. Hockey great's vital signs good

Gordie Howe is comfortable as he makes a long recovery from two strokes, but the hockey great can't walk and has limited speech, one of his sons said

Mark Howe said his 86-yearold father's vital signs are good and he's aware of the reasons for his condition. He added that an epidural reduced pain stemming from spinal surgery last

"He's unable to walk and his

speech is very minimal," said Mark Howe, like his father a member of the Hockey Hall of

Gordie Howe suffered what his children called a serious stroke in late October and another in early November. He's been staying at his daughter's home in Lubbock, Texas.

He has lived with his children since the death of his wife, Colleen, in 2009.

THE ASSOCIATED PRESS

NFL. Johnny Football's surge falls short in Buffalo

Quarterback Kyle Orton and defensive end Jerry Hughes helped the Buffalo Bills build a lead so big that not even Johnny Manziel could overcome.

The Calgary Stampeders, so

dominant in the opening half,

held on by a final score of 20-16

before a crowd of 52,056 at BC

The Stampeders and 24-year-old quarterback Bo

Levi Mitchell, showing the po-

tential of an up-and-coming

star, looked unstoppable at one

point. And that was without

a big performance from Jon

Cornish, who was contained to

only five yards rushing in the

fumble and Hamilton recovery

Six plays after a Nic Grigsby

Place Stadium on Sunday.

Orton threw a three-yard touchdown pass and Hughes returned Terrance West's fumble 18 yards for a score 10 seconds apart midway through the third quarter in leading the Bills to a 26-10 win over the Cleveland Browns on Sunday afternoon. THE ASSOCIATED PRESS



metronews.ca Monday, December 1, 2014 metr⊕ **SPORTS**

Packers hold off New England

Firm defence.

Aaron Rodgers edges Tom Brady in the all-star quarterbacks' first-time clash as **National Football** League starters

Aaron Rodgers threw for two touchdowns, Eddie Lacy powered for key yards in the fourth quarter and the Green Bay Packers fended off the New England Patriots 26-21 Sunday in a high-profile matchup between Super Bowl contenders.

Rodgers bested Tom Brady in the first meeting between the star quarterbacks as starters. Rodgers connected with Richard Rodgers and Jordy Nelson for long touchdowns.

Leading by five, the de-fence held firm late for the Packers (9-3). Mike Daniels and Mike Neal combined to



sack Brady on third down for a nine-yard loss, and kicker Stephen Gostkowkski pushed a 47-yard field-goal attempt wide right with 2:40 left.

The Packers sealed it after Rodgers converted to Cobb on third-and-four with the Patriots out of timeouts.

Brady finished with two touchdown passes to Brandon LaFell for New England (9-3), which had its seven-game winning streak snapped.

The second score came from 15 yards early in the fourth quarter to get within

The lead could have been wider for the Packers if not for some hiccups in the red

Green Bay settled for four field goals from Mason Crosby of 35 yards or less, including a 28-yarder to make it a five-point lead with 8:41 left. That kick came after rookie Davante Adams dropped a potential touchdown pass on third-and-five from the New England 10.

On his knees, a frustrated Rodgers buried his helmet into the turf in frustration.

But he was celebrating at the end. Green Bay has won four in a row and right of

The Packers had been blowing past opponents at home with big early leads, turning the final 30 minutes of games at Lambeau Field into glorified practices. But this game had the feel of a championship fight down to the final minutes.

New England punched back after falling behind 13-0 in the first quarter.

THE ASSOCIATED PRESS



ackers quarterback Aaron Rodgers is sacked by New England Pat<u>riots' Dont'a Hightower and Zach Moor</u> during the first half of their game Sunday, in Green Bay, Wis. TOM LYNN/THE ASSOCIATED PRESS

Shorthanded City nab second from Southampton



Yaya Toure shoots to open the scoresheet for Man City at Southampton on Sunday in Southampton, England. MIKE HEWITT/GETTY IMAGES

Manchester City cut Southampton down to size by dislodging the overachieving side from second place in the Premier League on Sunday, while Tottenham produced another comeback to beat Everton.

Defending champion City was frustrated in the first half at St. Mary's, but Yaya Toure, Frank Lampard and Gael Clichy netted to claim a 3-0 victory. The last two goals came with City down to 10 men following Eliaquim Mangala's 74thminute dismissal.

"We knew what we were

Tottenham striker Soldado scored his first goal in the English Premiership since March, a dearth of 593 minutes.

coming up against today, a very good team in very good form," Lampard said. "I think you could see from the outset today that our attitude was absolutely bang on."

With Arsenal and Manchester United up next, this was a disappointing start

a sequence of games that will show how realistic Southampton's top-four ambitions are.

Tottenham, led by former Southampton manager Mauricio Pochettino, is just two points from the Champions League places after beating Everton. Goals scored by Roberto Soldado and Christian Eriksen saw Tottenham come from behind to win 2-1 for the third time in four league games.

Chelsea ends the weekend with its lead cut to six points after failing to score

for the first time this season in Saturday's 0-0 draw at Sunderland.

At White Hart Lane, Soldado clinched Tottenham's win with his first league goal since March - a barren run of 593 minutes.

"It hasn't been easy," Tottenham manager Mauricio Pochettino said. "It's always frustrating for a striker when he doesn't score ... he's (been) feeling the pressure.'

Spurs climbed three places to seventh, leaving Everton in 10th.

THE ASSOCIATED PRESS

NHL

Detroit beats Canucks. blackout

Pavel Datsyuk scored twice and the Detroit Red Wings beat the Vancouver Canucks 5-3 on Sunday for their fourth straight victory.

About a third of the arena, including the Vancouver zone, went dark 29 seconds into the game after a minor power failure, delaying action for 33 minutes.

Linden Vey scored twice, and Yannick Weber added a goal for Vancouver. THE ASSOCIATED PRESS

Ski

Jansrud rules Lake Louise with super-G win

Lake Louise is becoming Kjetil Jansrud's hill, and he has two white cowboy hats to prove it.

Previously emptyhanded at Lake Louise, the Norwegian completed a sweep of World Cup races at the Alberta resort with a super-G win Sunday.

The 29-year-old also won Saturday's season-opening

THE CANADIAN PRESS

Violence in La Liga

Fan brawl kills one, injures 11

One man died and 11 others suffered minor injuries after a fight broke out outside Atletico Madrid's soccer stadium between its fans and those of visiting team Deportivo La Coruna, officials said Sunday.

Madrid's Clinico San Carlos hospital said a man died of injuries sustained in the clash between rival fans that broke out hours before the game. Police made several arrests.

THE ASSOCIATED PRESS

At the 11th hour

Stoppage-time goal saves Barça at **Valencia**

Barcelona needed a stoppage-time goal by Sergio Busquets to secure a 1-0 win at Valencia on a day Spanish football was rocked by the death of a fan after a violent clash between rival supporters.

Barcelona remained two points behind leader Real Madrid after Busquets blasted in a rebound in the final seconds of injury time at Mestalla Stadium.

Lionel Messi started Barcelona's game-clinching move with a lobbed pass that Neymar header powerfully at goalkeeper Diego Alves, who did well to turn back the ball only for Busquets to drill it right back past him.

Messi appeared to be hit in the head by a water bottle thrown from the stands while his teammates piled on top of one another to celebrate the winning goal. The Argentine rubbed his head following the incident but was unhurt.

THE ASSOCIATED PRESS



AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

↑ Aries

March 21 - April 20

With your ruler Mars allied to Saturn today you possess stamina, steadfastness and a taste for success. Decide on a target and go for it.

Taurus April 21 - May 21

The task you have to tackle over the next few days may not seem inspiring but once you get to grips with it you will find it engages your interest more than you imagined.

II Gemini May 22 - June 21

Mars in the wealth area of your chart means you have important financial arrangements to deal with and you must do so from a position of strength. Know your worth.

9 Cancer June 22 - July 23

Something you have taken for granted turns out to be not so simple. Rather than be annoyed, dig deeper into the situation. What you find could send you on a voyage of discovery.

Ω Leo

July 24 - Aug. 23

Now is the time to get started on a task you've been avoiding. With Mars and Saturn on good terms today you will find it easy to concentrate.

MP Virgo Aug. 24 - Sept. 23

It may not be obvious where a certain situation is taking you but everything will be revealed in time. Trust your instincts over the next few days.

△ Libra

Sept. 24 - Oct. 23

Something is missing from your life and you won't be happy until you find what it is. According to the planets it isn't "out there" in the world but "in here" in your heart.

M Scorpio Oct. 24 - Nov. 22

An objective may not have been within your reach in the past but it will be over the next few days. All you have to do is put a name to your dream and then extend your hand to grasp it.

Sagittarius Nov. 23 - Dec. 21

Get down to essentials. What exists in your mind's eye could and should exist in the real world, so stop the excuses and make it happen.

り Capricorn

Dec. 22 - Jan. 20

Something you see or hear over the next 24 hours will inspire you to do more with your life. If someone who does not possess your talents and can be a success, so can you.

≫ Aquarius Jan. 21 - Feb. 19

There is a job to be done and you know that you won't be able to move on in your life until it is finished. You don't like to feel you are being coerced but it's for your own benefit.

H Pisces

Feb. 20 - March 20

With mind planet Mercury at odds with your ruler Neptune make sure those you help really are in need, and not faking it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Montreal Canadiens home, Centre 5. Chef Lagasse's sound! 8. Francia's neighbour in Europa 14. Jazzy Ms. Laine 15. Airport posting, briefly 16. "Old " (1957) 17. Face creams might claim to stimulate this process: 3 wds. 20. Nullifier, at law 21. Mr. Berkus 22. Smidgen 24. the Record Man

26. Ms. Swinton 28. Grads 30. Easy

(Simple) 31. Soap star Ms. Francis 33. Distant 36. Prince Philip's

title: 3 wds. 39. Imitate 40. Saskatchewan

25. Ferry village on

the Ottawa River

village 41. Manicurist's board 42. God of wine in ancient Rome

44. Toronto's Loma, and others 45. Sagas

47. Prime meridian std. 50. Kyrgyzstan city 51. Dream: French

52. Pat Morita's character in "The Karate Kid" (1984) 54. Seamstress' workshop item: 2 wds. 60. Egg stone 61. Writer of 1856's Aurora Leigh ...her monogram

62. Barney Bentall &

The Legendary Hearts

46

song: 2 wds. 63. Musicals composer Jule, and surnamesakes 64. Frat. counterpart 65. "Revolutionary " (2008)

Down

1. Cavemen yrs. 2. Wapiti

3. Hawaiian necklace 4. Mr. Chaney

5. BBC, cute-style 6. Sky's supporter 7. Mediterranean

island

sembly

8. Glancer 9. John McCain, e.g. 10. Fully-packed as-

11. Slogan for Tim

2 wds.

23. "Why, honoured!"

25. Inhabitant of the province to Ontario's right

26. "Voila!"

27. In baseball, goes to bat: 2 wds.

29. Ms. Ronstadt, for short

31. Atlanta's state 32. Summer hrs.

indicator

34. Taj Mahal's site 35. Actor Mr. Darby

37. Charge

38. Ms. Thurman's 43. Traps the ship in

Arctic waters: 2 wds. 45. Mathematician,

Paul __ (b.1913 d.1996)

46. Ross who ran for President in the 1990s 48. Comedian Wanda 49. Billy Blanks fitness

system: 2 wds. 52. Fr. titles for ladies 53. Eng., Scot. and

Wales: 2 wds. 55. Queen __. ronto thoroughfare) 56. Pres. monogram

57. "__ Baby Baby" by

The Miracles 58. Shag rug kind 59. Huffy

Friday's Crossword

F	o'	°R	M		°c	4	6	°F			'n	è	À	'n
°ı	R	0	c		H		A	100		B	1	3	0	
4	1	1.	М	ď	E	19	R	t		'n	8	Т	0	184
Ä	F	7	1	n	u		8	£	"N	A	T	0	R	- 6
			0	0	-1	'n		72	E	Н		'n	A	E
'n	'n	7	н	u	N	G		"E	Ð	Ð				
'n	i.	6	A	P		'n	'n	R		"A	'n	'n	'n	°s
%	A	L		0		ď	0	- 80		S	L	B	A	-N
'n	Н	E	L	F		°ı,	0	U		°e	E	A	8	
				5	5	E		16	· E	н	1	п	E	5
Н	Æ	15		E	Т	0		"M	A	A	H		9	
ъ	0	T	M)	٧	1	A	S		°k	1	0	'n	٦	'n
S	L	A	T	£		°a	Š.	°М	.)	R	Ü	R	A	L
'n	A	L	O	N		'n	c	0	N		'n	٨	c	×
°a.	-	P	P			°8	-	M	8		'n	P	P	

See today's answers at metronews.ca/answers



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5	8	3	6	1	9	7	4	2
2	6	1	4	7	3	9	5	8
7	9	4	2	8	5	3	6	1
8	3	2	1	4	6	5	9	7
4	5	7	3	9	8	2	1	6
9	1	6	7	5	2	4	8	3
1	4	8	9	3	7	6	2	5
6	7	9	5	2	1	8	3	4
3	2	5	8	6	4	1	7	9

5	8	3	6	1	9	7	4	2
2	6	1	4	7	3	9	5	8
7	9	4	2	8	5	3	6	1
8	3	2	1	4	6	5	9	7
4	5	7	3	9	8	2	1	6
9	1	6	7	5	2	4	8	3
1	4	8	9	3	7	6	2	5
6	7	9	5	2	1	8	3	4
3	2	5	8	6	4	1	7	9

3 4 6 3 6 5 8 9 3 6 8 7 4 7 1 9 1 4 8 8 9 2 5 9 1 5

Hortons: 2 wds.

Harold

dead

12. "Peachy keen!"

13. "Over the Rain-

bow" co-composer

18. Chambers-for-the-

19. Bucharest's land

22. American actress

married to Canadian

actor Ryan Reynolds:

INDIAN ASTROLOGER AND PSYCHIC READER

PANDITH, RAVI KUMAR PALM & FACE READER



Helps in Job. Love. Business. Sickness. Education, Employment, Marriage, Court, Enemy, Black Magic, Secret Matters, etc.

10:00AM TO 8:00PM WELCOMING ALL RELIGIONS OPEN 7 DAYS A WEEK

(204)416-8018 / (204)881-7744 Riverbend Ave. Winnipeg, MB R2M 2N



FAMOUS INDIAN ASTROLOGER WITH 7 GENERATIONS OF HELPING PEOPLE ALL AROUND THE WORLD SPIRITUAL HEALER & HAND READING HOROSCOPE



• Worried about love

• Family problems Helath problems

get success • Financial problems



YOUR PRIVACY IS OUR PROMISE. YOU WILL NOT BE SORRY so what are you waiting for? call now for an appointment. nobody can break my powi PH: +1 (204) 590 8872/+1204-691-1222, 522 Lilac St. Winnip





